

# *Botanical Skin Care*

## C O U R S E

### **The Botanical Skin Care Course Outline**

#### UNIT 1: INTRODUCTION TO THE SKIN

##### **Lesson 1: Getting Started with Botanical Skin Care**

- Botanical Skin Care Course Welcome (VIDEO)
- What You'll Learn
- Here's How the Course Works (VIDEO)
- History of Herbal Skincare and Cosmetics
- Making Galen's Cold Cream (VIDEO)
- Your Personal Skin Profile

##### **Lesson 2: Anatomy of the Skin**

- The Epidermis
- The Dermis
- Permeability of the Skin
- The Skin Microbiome
- Aging Skin

##### **Lesson 3: Functions of the Skin**

- The Skin as a Protective Barrier
- Wound Healing
- Innate Immunity and the Skin
- Adaptive Immunity and the Skin
- Body Temperature Maintenance
- The Skin as a Sensory Organ
- Vitamin D Synthesis and Storage
- Water, Lipids, and the Skin
- Cutaneous Absorption and Metabolism

#### UNIT 2: SKINCARE FROM THE INSIDE

##### **Lesson 1: The Skin as an Eliminary Organ**

- Elimination Through the Skin
- Hepatic Health and the Skin

##### **Lesson 2: Nutrition for Healthy Skin**

- Oxidative Damage and Antioxidants
- Nutritional Support for the Skin
- Supporting Collagen Production



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- Aging and Ages
- Putting it Together: Dietary Patterns

### **Lesson 3: Digestive Health and the Skin**

- Gut-Skin Axis
- Healthy Gut Function
- Herbs that Benefit the Skin by Supporting the Gut

### **Lesson 4: Skin Care in Ayurveda**

- Roots of Skin Health
- Managing Digestion for Healthy Skin
- Herbs Used Internally for Skin Health
- Topical Approaches to Skin Health
- How to do Abhyanga (VIDEO)

### **Lesson 5: Skin Care in Chinese Medicine (VIDEO)**

## UNIT 3: Making Herbal Body Care Products

### **Lesson 1: Choosing Ingredients**

- Why Do We Care What We Put On Our Skin?
- Commercial Ingredients to Avoid
- Basic Ingredients in Homemade Skin Care Products

### **Lesson 2: Vinegars, Hydrosols, Oils, and Salves**

- Herbal Vinegars
- Making Herbal Vinegar (VIDEO)
- Hydrosols
- Making Hydrosol (VIDEO)
- Herb-Infused Oils
- Making Herbal Oil (VIDEO)
- Salves
- Making Herbal Salve (VIDEO)

### **Lesson 3: Bath Products**

- Exfoliation: Scrubs, Acids, and Masks
- Hydrotherapy and Balneotherapy
- How to make an Herbal Steam (VIDEO)
- DIY Deodorant
- Preservatives
- Packaging



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### ***Lesson 4: Creams, Lotions, and Body Butters***

- Basic Creams and Lotions
- Customizing Herbal Creams and Lotions
- Cream Recipes
- Lotion Recipes
- Body Butter Recipes
- Lotion Bar Recipes
- How to Make Lotion Bars (VIDEO)
- Making Creams, Lotions, and Body Butters (VIDEO)

### ***Lesson 5: Herbal Gels***

- History and Traditional Use
- Why Make an Herbal Gel
- How and When to Use an Herbal Gel
- Different Gelling Agents
- Gel Science and Solubility
- Making Herbal Gels
- Recipes

### ***Lesson 6: Herbal Soaps***

- The Basics of Cold-Process Soapmaking
- Soapmaking Step-by-Step
- Soap Formulations for Different Skin Types
- Packaging Ideas

### ***Lesson 7: Hair Care and Cosmetics***

- Hair Health
- Common Hair Concerns
- Basic Dietary Support for Skin and Hair Health
- DIY Hair Care
- DIY Cosmetics

## UNIT 4: SKIN CARE FROM THE OUTSIDE

### ***Lesson 1: Foundations of Skin Support***

- Whole Body Daily Care Routines
- Daily Facial Care
- How to Make an Herbal Serum (VIDEO)
- Special Considerations for Aging Skin



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### ***Lesson 2: Skin and Sun***

- Choosing and Using Sun Protection
- Herbs and Sun Sensitivity
- Special Considerations: Care and Keeping of Moles and Freckles

### ***Lesson 3: Beyond Oily and Dry: Choosing Individual Herbs***

- External Manifestations of Terrain: Hot, Cold, Damp, and Dry
- Choosing Herbs By Action

### ***Lesson 4: Support for Chronic Conditions***

- Foundations of Support
- Acne
- Atopic Dermatitis (Eczema)
- Psoriasis
- Rosacea

### ***Lesson 5: External Care for Acute Skin Conditions***

- Topical First Aid (VIDEO)
- Minor cuts and Abrasions
- How to Make an Herbal Compress (VIDEO)
- Bruises
- Bites and Stings
- Splinters
- How to Make an Herbal Poultice (VIDEO)
- Contact Dermatitis
- Burns
- Cold Sores
- Care for Scars, Keloids, and Pigmentation Changes

### ***Lesson 6: Conclusion***

